



Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

FIT

FLEXIBLE INTEGRATED TREATMENT

WHAT WE DO:

- Outpatient Mental Health Services for youth under 21 years old
- Parent Child Interactive therapy (PCIT), PC-CARE, Alternatives for Families Cognitive Behavioral Therapy (AF-CBT), and TIP
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of
- Crisis Intervention
- Child and Family Team Meetings
- Linkage to community resources

SERVICE HOURS:

MONDAY-FRIDAY 8AM-5PM

SITE WALK-IN HOURS

Tuesdays: 8:30am-12:30pm

Thursdays: 1:30-5:30pm

SITE ADDRESS AND CONTACT INFO:

3800 Watt Ave. Suite 110,
Sacramento, CA 95821

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EMAIL: info@starsinc.com

WEBSITE LINK:

www.starsinc.com/sacramento-county/

